



## Full Report (All Nutrients) 09200, Oranges, raw, all commercial varieties

**Report Date: October 26, 2017 16:59 EDT**

Nutrient values and weights are for edible portion

## **Food Group : Fruits and Fruit Juices**

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:27% Refuse Description: Peel and seeds**

Nutrient	Unit	1	Data points	Std. Error	1 cup, sections 180g	1 large (3-1/16" dia) 184g	1 small (2-3/8" dia) 96g	1 fruit (2-5/8" dia) 131g
		Value Per 100 g						
Vitamin C, total ascorbic acid	mg	53.2	145	0.718	95.8	97.9	51.1	69.7
Thiamin	mg	0.087	148	0.001	0.157	0.160	0.084	0.114
Riboflavin	mg	0.040	--	--	0.072	0.074	0.038	0.052
Niacin	mg	0.282	145	0.005	0.508	0.519	0.271	0.369
Pantothenic acid	mg	0.250	--	--	0.450	0.460	0.240	0.328
Vitamin B-6	mg	0.060	100	--	0.108	0.110	0.058	0.079
Folate, total	µg	30	154	0.808	54	55	29	39
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	30	154	0.808	54	55	29	39
Folate, DFE	µg	30	--	--	54	55	29	39
Choline, total	mg	8.4	--	--	15.1	15.5	8.1	11.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE <sup>1 2 3</sup>	µg	11	--	--	20	20	11	14
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta <sup>1 2 3</sup>	µg	71	55	22.319	128	131	68	93
Carotene, alpha <sup>1 2 3</sup>	µg	11	55	5.836	20	20	11	14
Cryptoxanthin, beta <sup>2 3</sup>	µg	116	7	5.875	209	213	111	152
Vitamin A, IU <sup>1 2 3</sup>	IU	225	--	--	405	414	216	295
Lycopene <sup>2 3</sup>	µg	0	7	0.000	0	0	0	0
Lutein + zeaxanthin <sup>2 3</sup>	µg	129	7	57.550	232	237	124	169
Vitamin E (alpha-tocopherol) <sup>3 4 5</sup>	mg	0.18	4	0.033	0.32	0.33	0.17	0.24
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone) <sup>3 4 6 7</sup>	µg	0.0	10	0.029	0.0	0.0	0.0	0.0
<b>Lipids</b>								
Fatty acids, total saturated	g	0.015	--	--	0.027	0.028	0.014	0.020
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points			1 cup, sections 180g	1 large (3-1/16" dia) 184g	1 small (2-3/8" dia) 96g	1 fruit (2-5/8" dia) 131g
			Std. Error	--	--				
14:0	g	0.000	--	--	--	0.000	0.000	0.000	0.000
16:0	g	0.013	--	--	--	0.023	0.024	0.012	0.017
18:0	g	0.000	--	--	--	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.023	--	--	--	0.041	0.042	0.022	0.030
16:1 undifferentiated	g	0.003	--	--	--	0.005	0.006	0.003	0.004
18:1 undifferentiated	g	0.020	--	--	--	0.036	0.037	0.019	0.026
20:1	g	0.000	--	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.025	--	--	--	0.045	0.046	0.024	0.033
18:2 undifferentiated	g	0.018	--	--	--	0.032	0.033	0.017	0.024
18:3 undifferentiated	g	0.007	--	--	--	0.013	0.013	0.007	0.009
18:4	g	0.000	--	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	--	0	0	0	0
<b>Amino Acids</b>									
Tryptophan	g	0.009	2	--	--	0.016	0.017	0.009	0.012
Threonine	g	0.015	2	--	--	0.027	0.028	0.014	0.020
Isoleucine	g	0.025	2	--	--	0.045	0.046	0.024	0.033
Leucine	g	0.023	2	--	--	0.041	0.042	0.022	0.030
Lysine	g	0.047	2	--	--	0.085	0.086	0.045	0.062
Methionine	g	0.020	2	--	--	0.036	0.037	0.019	0.026
Cystine	g	0.010	2	--	--	0.018	0.018	0.010	0.013
Phenylalanine	g	0.031	2	--	--	0.056	0.057	0.030	0.041
Tyrosine	g	0.016	2	--	--	0.029	0.029	0.015	0.021
Valine	g	0.040	2	--	--	0.072	0.074	0.038	0.052
Arginine	g	0.065	2	--	--	0.117	0.120	0.062	0.085
Histidine	g	0.018	2	--	--	0.032	0.033	0.017	0.024
Alanine	g	0.050	2	--	--	0.090	0.092	0.048	0.066
Aspartic acid	g	0.114	2	--	--	0.205	0.210	0.109	0.149

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			2	--	2					
Glutamic acid	g	0.094	2	--	2		0.169	0.173	0.090	0.123
Glycine	g	0.094	2	--	2		0.169	0.173	0.090	0.123
Proline	g	0.046	2	--	2		0.083	0.085	0.044	0.060
Serine	g	0.032	2	--	2		0.058	0.059	0.031	0.042
<b>Other</b>										
Alcohol, ethyl	g	0.0	--	--	--		0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	--		0	0	0	0
Theobromine	mg	0	--	--	--		0	0	0	0
<b>Flavonoids</b>										
Flavan-3-ols										
(+)-Catechin <a href="#">10</a>	mg	0.0	4	0	0		0.0	0.0	0.0	0.0
(-)Epigallocatechin <a href="#">10</a>	mg	0.0	4	0	0		0.0	0.0	0.0	0.0
(-)Epicatechin <a href="#">10</a>	mg	0.0	4	0	0		0.0	0.0	0.0	0.0
(-)Epicatechin 3-gallate <a href="#">10</a>	mg	0.0	4	0	0		0.0	0.0	0.0	0.0
(-)Epigallocatechin 3-gallate <a href="#">10</a>	mg	0.0	4	0	0		0.0	0.0	0.0	0.0
(+)-Gallocatechin <a href="#">10</a>	mg	0.0	4	0	0		0.0	0.0	0.0	0.0
Flavanones										
Hesperetin <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	27.2	22	4.33	22		49.0	50.1	26.2	35.7
Naringenin <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	15.3	22	1.76	22		27.6	28.2	14.7	20.1
Flavones										
Apigenin <a href="#">13</a> <a href="#">17</a> <a href="#">18</a>	mg	0.0	23	0	0		0.0	0.0	0.0	0.0
Luteolin <a href="#">13</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a>	mg	0.2	24	0.05	24		0.3	0.3	0.2	0.2
Flavonols										
Kaempferol <a href="#">13</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a>	mg	0.1	25	0.13	25		0.2	0.2	0.1	0.2
Myricetin <a href="#">13</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a>	mg	0.1	25	0.1	25		0.3	0.3	0.1	0.2
Quercetin <a href="#">11</a> <a href="#">13</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a>	mg	0.5	27	0.02	27		0.8	0.8	0.4	0.6
Isoflavones										
Daidzein <a href="#">21</a> <a href="#">22</a>	mg	0.00	2	--	2		0.00	0.00	0.00	0.00
Genistein <a href="#">21</a> <a href="#">22</a>	mg	0.00	2	--	2		0.00	0.00	0.00	0.00
Total isoflavones <a href="#">21</a> <a href="#">22</a>	mg	0.00	2	--	2		0.00	0.00	0.00	0.00
Proanthocyanidin										
Proanthocyanidin dimers <a href="#">8</a> <a href="#">9</a>	mg	0.0	2	--	2		0.0	0.0	0.0	0.0
Proanthocyanidin trimers <a href="#">8</a> <a href="#">9</a>	mg	0.0	2	--	2		0.0	0.0	0.0	0.0

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		Value Per100 g						
Proanthocyanidin 4-6mers <sup>8 9</sup>	mg	0.0	2	--	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers <sup>8 9</sup>	mg	0.0	2	--	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) <sup>8 9</sup>	mg	0.0	2	--	0.0	0.0	0.0	0.0

Sources of Data

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